

5 A Day Recipes

Appetizers

Stuffed Mild Chiles

Serves 2

Provides 2 vegetable servings per person

Stuff a mild Anaheim or poblano chile for a festive appetizer or side dish—perhaps to celebrate Cinco de Mayo. Cut the chile in half and remove the seeds. In a teaspoon of olive oil, sauté ½ cup chopped onion, chopped garlic, and some cumin until soft but not brown. Add ½ cup fresh or frozen corn, 2 cups chopped Swiss chard or ½ cup frozen spinach, and ½ cup low-sodium salsa. Stir in grated reduced fat Monterey jack cheese. Now you can stuff each pepper half with the mixture. Top with grated Parmesan cheese and breadcrumbs and bake for 20 minutes. Enjoy the robust flavor and, each chile provides 2 vegetable servings.

- 2 mild chile peppers such as poblano or Anaheim
- ½ teaspoon olive oil
- ½ cup chopped onion
- ¼ teaspoon cumin
- 1 clove garlic, chopped
- ½ cup fresh or frozen corn kernels
- 1 10-ounce package frozen spinach (about ½ cup), thawed
- ½ cup low-sodium salsa
- ½ cup reduced fat Monterey jack cheese
- 1 tablespoon grated Parmesan cheese
- 2 tablespoons bread crumbs

1. Preheat the oven to 375°. Cut the chiles in half lengthwise and remove the seeds and content.

2. Heat the oil in a skillet and sauté the onions with the cumin until soft and translucent but not brown, 5 minutes. Add the garlic and cook 1 minute more. Stir in the corn, spinach, and salsa. Stir in the reduced fat Monterey jack cheese off the heat.

3. Combine the Parmesan cheese and bread crumbs. Divide the filling among the chiles and top with the Parmesan bread mixture. Bake on a greased baking sheet 20 minutes or until the vegetables are tender and the top, golden.

Nutritional Analysis per serving:

5 g fat,
23% calories from fat, 2 g
saturated fat,
9% calories from saturated fat,
29 g carbohydrates,
263 mg sodium,
4 g dietary fiber